Inventor: Palmer, Dennis D.	
Serial Number: 10/606,492	Examiner: Crow, Stephen R.
Filing Date: 06/25/2003	Group/Art Unit: 3764
Title: Exercise device using compression	Atty. Docket No: GDDDP01B
resistance mechanism	

## IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Response to First Office Action and Election

Assistant Commissioner for Patents Via EFS-Web Arlington, VA 33212

Dear Examiner Crow:

This Response and Amendment is in response to Examiner's First Office Action, dated December 27, 2005 with a period of response set to expire January 27, 2006. A Petition and fee for a two-month extension are enclosed for a new expiration date of March 27, 2006.

I hereby certify that this Amendment is being transmitted to the USPTO via EFS Web, on 3/27/2006.